

Table of Figures

Chapter One: Step-by-Step Energy Efficient Construction		
Figure 1-1	Sample Building Sections - Crawlspace Home	3
Figure 1-2	Sample Building Sections - Two-Story with Conditioned Basement	4
Figure 1-3	Sample Building Sections - Slab-On-Grade	5
Figure 1-4	Site Planning	6
Figure 1-5	Footing and Foundation Wall	7
Figure 1-6	Foundation Alternatives	8
Figure 1-7	Crawlspace or Unconditioned Basement	9
Figure 1-8	Interior Framed, Insulated Wall	10
Figure 1-9	Insulated Floor	11
Figure 1-10	Wall Framing	12
Figure 1-11	Wall and Ceiling Detailing	13
Figure 1-12	Sealing Holes and Penetrations	14
Figure 1-13	HVAC Systems	15
Figure 1-14	Duct Testing Fan Setup	16
Figure 1-15	Prevent Pressure Imbalances	16
Figure 1-16	Sealing Flex Duct Take-offs	16
Chapter Two: Energy Efficient Packages		
Figure 2-1	Five Star Home	28
Figure 2-2	Framing Details	29
Figure 2-3	Five Star Plus Home	30
Figure 2-4	Framing Details	31
Figure 2-5	Passive Solar Design.....	32
Chapter Three: The House As A System		
Figure 3-1	How Heat Moves	34
Figure 3-2	Air Quality Problems from "Fresh" Air	35
Figure 3-3	Conditions for Condensation	35
Figure 3-4	Psychometric Chart	36
Figure 3-5	Winter Dewpoint Temperature Inside Walls	36
Figure 3-6	Summer Dewpoint Temperature Inside Walls	36
Figure 3-7	Relative Humidity Ranges	37
Figure 3-8	Bulk Moisture Transport.....	38
Figure 3-9	Drainage Plane.....	38
Figure 3-10	Capillary Action.....	39
Figure 3-11	Typical Water Vapor Transport	39
Figure 3-12	Bulk Moisture Transport.....	40
Figure 3-13	Capillary Action.....	40
Figure 3-14	Air Transport.....	40
Figure 3-15	Vapor Diffusion	40
Figure 3-16	Drying to the Interior	41
Figure 3-17	Air Barrier System Requirements	42
Figure 3-18	Residential Boundaries	43
Figure 3-19	Balanced Air Distribution	44
Figure 3-20	Air Leaks in Supply Ducts	44

Figure 3-21	Air Leaks in Return System	44
Figure 3-22	Return Blocked by Door	44
Figure 3-23	Wall Moisture	45
Figure 3-24	Carbon Monoxide Disaster	46

Chapter Four: Air Leakage Sealing -- Materials and Techniques

Figure 4-1	Creating a Pressure Boundary	47
Figure 4-2	Wind Driven Infiltration	48
Figure 4-3	The Stack Effect	48
Figure 4-4	Mechanical System Driven Infiltration	48
Figure 4-5	Blower Door	49
Figure 4-6	Home Blower Door Test	49
Figure 4-7	Air Leakage Through Bypass	50
Figure 4-8	Typical Home Air Leakage Sites	51
Figure 4-9	Sealing Bypasses	52
Figure 4-10	Sealing More Bypasses	53
Figure 4-11	Airtight Drywall Approach Air Barrier	54
Figure 4-12	Creating an Air Barrier Between Floors	55
Figure 4-13	Housewrap-Window Connection	57
Figure 4-14	Sealing Seams in Housewrap	57
Figure 4-15	Recommended Housewrap Installation Process	58
Figure 4-16	Sealing Sheathing as Exterior Air Barrier	59

Chapter Five: Insulation Materials and Techniques

Figure 5-1	Insulating the Building Envelope	61
Figure 5-2	Possible Monolithic Slab Details	65
Figure 5-3	Possible In-Fill Slab Details	65
Figure 5-4	Insulating Concrete Block Cores	66
Figure 5-5	Interior Foam Wall Insulation	66
Figure 5-6	Interior Framed Wall	66
Figure 5-7	Lightweight Concrete Products	67
Figure 5-8	Insulated Concrete Form Wall Systems	67
Figure 5-9	Relative Humidity (RH) and Foundation Vents	69
Figure 5-10	Insulated Wood Framed Floors	70
Figure 5-11	Insulated Floor Over Pier Foundation	70
Figure 5-12	Insulated Crawlspace Walls	71
Figure 5-13	Floor Insulation Details	72
Figure 5-14	Optimum Value Engineering (O.V.E.) Details	74
Figure 5-15	Standard Framing versus O.V.E. Framing	75
Figure 5-16	Insulating Walls With Batts	76
Figure 5-17	Blown Sidewall Insulation Options	76
Figure 5-18	Blown Foam Insulation	77
Figure 5-19	Structural Insulated Panels (SIP)	77
Figure 5-20	Foam Sheathing Keeps Walls Warmer	78
Figure 5-21	Structural Insulated Panels Construction	79
Figure 5-22	Let-In Bracing	80
Figure 5-23	Average Wall R-Value	81
Figure 5-24	Ridge and Soffit Vents	82
Figure 5-25	Pressure Problems Due to Powered Attic Ventilators	83
Figure 5-26	Attic Blocking Requirements	84

Figure 5-27	Full Width Batts	85
Figure 5-28	Insulating Under Attic Floors	85
Figure 5-29	Insulation Options for Eaves	86
Figure 5-30	Choose Quality Recessed Lamps	87
Figure 5-31	Cathedral Ceiling Insulation Options	88
Figure 5-32	Cathedral Ceiling - Exterior Roof Insulation	89

Chapter Six: Windows and Doors

Figure 6-1	Window Anatomy	91
Figure 6-2	Winter Heat Loss in a Typical Clear Double-glazed Window	92
Figure 6-3	Summer Heat Gain in a Typical Double-glazed Window	92
Figure 6-4	Types of Windows	93
Figure 6-5	Metal Window Frame With Thermal Break	94
Figure 6-6	Low-e, Gas-Filled Windows	95
Figure 6-7	NFRC Label	96
Figure 6-8	Inside Window Temperatures in Cold Weather	96
Figure 6-9	Insulated Metal Door	98

Chapter Seven: Heating, Ventilation, Air Conditioning (HVAC)

Figure 7-1	Components of Forced-air Systems	99
Figure 7-2	Automatic Zoned System	103
Figure 7-3	Types of Heat Pumps	107
Figure 7-4	Sealed Mechanical Room Design	109
Figure 7-5	Integrated Space and Water Heating System	111
Figure 7-6	Efficient Wood Heater Design	112
Figure 7-7	Unvented and Direct Vent Heaters	113
Figure 7-8	Ventilation with Spot Fans	114
Figure 7-9	In-Line Ventilation Fans	114
Figure 7-10	Sample Ventilation Plans	116

Chapter Eight: Duct Design and Sealing

Figure 8-1	Efficiency Losses Due to Attic Return and Supply Leaks	118
Figure 8-2	Duct Test on Return Grille	119
Figure 8-3	Sealing Flex-duct Collar with Mastic	120
Figure 8-4	Disconnected Ducts Are High Priorities	121
Figure 8-5	Duct Leaks in Inside Spaces	121
Figure 8-6	Seal All Leaks in Air Handling Unit	121
Figure 8-7	Shelf-Mounted Systems Without Returns	122
Figure 8-8	Seal All Leaky Takeoffs	122
Figure 8-9	Sealing Leaky Boots	122
Figure 8-10	Types of Ductwork	123
Figure 8-11	Comparison of Air Flow in Different 6-inch Ducts	124
Figure 8-12	Duct Design Using Manual D	126

Chapter Nine: Water Heating, Appliances and Lighting

Figure 9-1	Water Use in Typical Homes	127
Figure 9-2	Insulating Jackets for Electric and Gas Water Heaters	128
Figure 9-3	Heat Pump Water Heaters	129
Figure 9-4	Active Solar Water Heating Systems	130

Figure 9-5	Batch Solar Water Heating System	131
Figure 9-6	Instantaneous Water Heater	131
Figure 9-7	EnergyGuide Label	132
Figure 9-8	Energy Efficiencies of Light	135

Chapter Ten: Passive Solar Homes - Designs for Today

Figure 10-1	Passive Solar Room Planning	140
Figure 10-2	Basic Passive Solar Designs	141
Figure 10-3	Spread Out Thermal Mass Surface	143
Figure 10-4	Use Floor Coverings Wisely	143
Figure 10-5	Thermal Mass Patterns	145

Chapter Eleven: Natural Cooling

Figure 11-1	Composition of Solar Gain into Home	149
Figure 11-2	Landscaping Guidelines	150
Figure 11-3	Guidelines for Overhangs	150
Figure 11-4	Overhang Design Strategies	150
Figure 11-5	Interior Shading and Shutters	152
Figure 11-6	Reflective Window Film	153
Figure 11-7	Natural Ventilation Design Strategies	154
Figure 11-8	The Stack Effect	154
Figure 11-9	Whole House Fans in Leaky Homes	156
Figure 11-10	Radiant Heat Barrier	156
Figure 11-11	Central Dehumidification System	158
Figure 11-12	Desiccant Wheel Dehumidifier	159